

Our Negative Thinking Versus God's Promises To Us

Proverbs 23:7a points out the connection between our thinking and the way we feel and act, "For as he thinketh in his heart, so is he...". For example, anxious thinking will lead to anxious emotions and a focus on failures and setbacks will lead us to feel defeated and blue. Therefore, it is wise for us to work to replace negative thinking with truthful, healthy thinking. God has a positive answer for all the negative things we say to ourselves.

Our Negative Thinking:

"It's impossible."

"I'm not able to do it."

"I'm too tired."

"Nobody really loves me."

"I can't go on."

"I'm not able to figure it out."

"I'm not able to do it."

"It's not worth it."

God's Promises to us:

"All things are possible."

"The things which are impossible with men are possible with God." Luke 18:27

"You can do all things through Christ."

"I can do all things through Christ which strengtheneth me." Philippians 4:13

"I will give you rest."

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

Matthew 11:28-30

"I love you."

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16

"My grace is sufficient."

"My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."

II Corinthians 12:9

"I will direct your steps."

"In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:6

"Man's goings are of the Lord; how can a man then understand his own way?"

Proverbs 20:24

"I am able."

"And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work." II Corinthians 9:8

"It will be worth it."

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose." Romans 8:28

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Our Negative Thinking:

"I'm not able to forgive myself."

"I'm not able to manage."

"I'm afraid."

"I'm worried and frustrated."

"I don't have enough faith."

"I'm not smart enough."

"I feel all alone."

God's Promises to us:

"I forgive you."

"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the spirit." Romans 8:1

"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." I John 1:9

"I will supply all your need."

"But my God shall supply all your need according to his riches in glory by Christ Jesus." Philippians 4:19

"I have not given you a spirit of fear."

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." II Timothy 1:7

"Cast all your cares on Him."

"Casting all your care upon him; for he careth for you". I Peter 5:7

"I've given everyone a measure of faith."

"For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith." Romans 12:3

"I give you wisdom."

"But of him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption." I Corinthians 1:30

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and unbraideth not; and it shall be given him." James 1:5

"I will never leave you nor forsake you."

"...and, lo, I am with you always, even unto the end of the world." Matthew 28:20

"Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, no forsake thee." Hebrews 13:5

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Philippians 4:8